



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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Prairie Rose State Games – Stay Healthy Outdoors

BISMARCK, N.D. – *Healthy North Dakota* encourages Prairie Rose State Games participants, spectators and volunteers to take steps to stay healthy during this weekend's events, according to *Healthy North Dakota* spokesperson Mikey Hoeven, First Lady of North Dakota.

During the games, *Healthy North Dakota* will provide participants with information on the importance of drinking water, protecting yourself from mosquito bites and avoiding sunburns. In addition, *Healthy North Dakota* will place individual sun block packets in all participant sports bags. Sun block and mosquito repellent also will be distributed at several outdoor locations on Saturday and Sunday, July 15 and 16.

"Through this outreach, *Healthy North Dakota* is reminding all participants, volunteers and fans that the best way to stop disease, such as skin cancer and West Nile virus, is through prevention, Mrs. Hoeven said. "Prevention is a priceless strategy, not only for the Prairie Rose State Games, but also for the game of life."

According to North Dakota Parks and Recreation Department, most Prairie Rose participants are between the ages of 12 and 18; this is significant because 80 percent of the sun damage that causes skin cancer occurs before the age of 18.

Many North Dakotans are concerned about cancer prevention, including the newly crowned Miss North Dakota, Annette Olson, who will attend the games Sunday, July 16. Olson's platform as Miss North Dakota is the prevention of breast cancer. "Making healthy lifestyle choices is an important way to prevent cancer," Olson said. "Staying healthy outdoors is one way we can all work together to build a healthy North Dakota."

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Visit the health department home page at www.ndhealth.gov.

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Healthy North Dakota is a framework supporting North Dakotans in their efforts to make healthy choices by focusing on wellness and prevention – in schools, workplaces, senior centers, homes and anywhere people live, learn, work and play.

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